

50+ Recreation

October 2018

Our mission is to enrich the lives of our citizens. ISSUE 10

www.ColumbusRecParks.com

50+ Walking Jamboree

Friday, October 5

Smith Farms' Barn

3285 Watkins Rd., 43207

8:30 am check-in; 9 am start

Join us for a fun walk around the farm and Three Creeks Park. We will use three trails ranging from 1 to 4 miles.

Refreshments, line dancing, hayride and prizes.

Golden Hobby Shop

**630 S. Third St. in German Village
Columbus, Ohio 43206
Phone 614-645-8329**

**Shop Hours of Operation: Tuesday- Saturday
10 am – 5 pm
Free parking**

Beginning mid-October the Shop will be stocked with Christmas, Hanukkah and Kwanzaa décor and gifts for all ages. Plan a trip to German Village for lunch in one of the fine and fun eateries and a stop at Golden Hobby Gift Shop. Door hangings, wreaths, tabletop, ornaments and unique, creative and reasonably priced goods will make your holiday shopping a pleasure. We'll continue to stock Halloween and Thanksgiving décor through the month. Come visit. You'll be pleased to know what a cool destination this is.

October 2018

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Newsletter Editor: Wendy Frantz	645-7427

Dance

Gillie Dance

Line Dance *Beginners* Tuesdays 1 pm
Advanced Tuesdays 2 pm
Intermediates Fridays 10:30 am

Move & Groove Mondays 7:30 pm

Tap Dance:

Advanced Wednesdays 10 am

Beginning Wednesdays 10:50 am

Ballet Class Wednesdays 5 pm

Gillie Wednesday Evening Dance Information

6:30 – 9 pm Admission: \$5

Come early for line a line dance session: 6:30-7 pm.

The DJ begins spinning a variety of dance music at 6:30 pm. Refreshments served, dancing until 9 pm.

Weekly Themes:

October 3 Birthdays and Anniversaries

October 10 Celebrate Columbus

October 17 Homecoming

October 24 Barn Dance

October 31 Halloween Party

Marion Franklin

Line Dance (Intermediate)

Mondays, Wednesdays and Fridays 10-11 am

Beginners Wednesdays 11 am

Men's Tuesdays and Thursdays 1 pm

Line Dance Workout Tuesday and Thursday 10 am

Evening Line Dance

Beginners Tuesdays and Thursdays 5:30-6:30 pm
 \$20 per person, per session

Urban Ballroom Dancing

Tuesdays 7-8:30 pm \$25 per person, per session

Zumba

Wednesdays 6-7 pm \$25 per person, per session

50+ Water Exercise

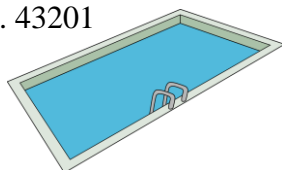
Time to get back in the water!

Session I October 1-November 7
 Mondays and Wednesdays
 10-11 am

\$20 per session or \$2 per class

Columbus Aquatic Center
 1160 Hunter Ave. 43201

For information, call 645-6122.



Red Hats

Gillie's Fillies Red Hatters: Mark your calendars!

AMC Dine-In Theatre at Easton

Friday, October 12

Call Queen Anna for details.

Trips

Barnett

645-3067

An Afternoon of Art

Friday, October 19 11 am Cost \$10

We will start the day with lunch, and then head to The Wexner Center for the Arts for a tour, focusing on the exhibit *Mickalene Thomas: I Can't See You Without Me*. This exhibit is part of Columbus's yearlong celebration of *The Harlem Renaissance at 100*.

Dodge

645-8151

50+ Walking Jamboree at Smith Farms

Friday, October 5 8 am

Join us as we spend a wonderful autumn morning out at Smith Farms. You may sign up for .50 mile, 1 mile, or a 2 mile walk. Other activities include: Line Dancing, Hayrides, produce and raffle prizes. We will start taking people over to the Jamboree around 8 am. Don't miss out on the fun this is a free event!

Opening day of the Circleville Pumpkin show!

Wednesday, October 17 9 am Cost \$5

We love Circleville and we love pumpkins! Join us for our annual pilgrimage to Circleville where you are able to enjoy all that is pumpkin. We will stop at Renick's Market on the way back. Wear comfortable shoes, bring additional money for lunch.

Gillie

645-3106

Gillie Trip Policy for 2018: Please call 645-3106.

Gillie Center History Tours Presents:

Agriculture in Ohio – Fairfield County Fair

Wednesday, October 10 8:30 am-4 pm Cost \$10

It is fitting that our 8 month agricultural odyssey ends at the last county fair of 2018. A celebration of the plants, animals and assorted crafts & hobbies of the 168th session held on the historic grounds in the shadow of Mt. Pleasant. Lunch will be on our own. **Registration begins Wednesday, October 3rd.**

Gillie trips continued on page 3.

Trips

Gillie (continued) 645-3106

Circleville Pumpkin Show

Thursday, October 18 9:30 am Cost \$10

If you love pumpkin everything, join us for a fun trip to the Circleville Pumpkin Show.

Registration begins Friday, October 5.

Mystery Lunch

Friday, October 26 9:30 am Cost \$7

Registration begins Friday, October 5.

The Cleveland Christmas Experience

Thursday & Friday, November 15 and 16

Leave 7:30 am Cost \$299

(includes: motor coach transportation, all tours, admissions and Thursday breakfast.)

Lunch and dinners are on your own.

Join us for our annual Holiday Trip as we travel to Cleveland, OH. We begin our trip in Ashland at Grandpa's Cheese Barn, and then we're off to the famous Rock and Roll Hall of Fame, where we will see the Back Stage Stories Exhibit, which spotlights historic bands like the Beatles. We will also see the new Elvis retrospective exhibit with interviews and costumes from Graceland. Next, we will have dinner at P. J. Marleys (est.1891), where they are known for their homemade burgers and the best macaroni and cheese in the land. We will see the largest collection of Hollywood Christmas movie props and animated Christmas windows from places like Saks Fifth Ave. and Bloomingdales in New York. We move on to our special hotel in downtown Cleveland, the famous **Arcade**. The Victorian era structure houses the five story Hilton Hotel, with a skylight spanning over three hundred feet along four balconies. The next day, we travel to the IX Center to experience the "**Christmas Connection**," the ultimate shopping experience with over 800 vendors. We will do a drop off stop at the Horseshoe Casino for those of you who would prefer to gamble instead of shop. **Register now!**

Marion Franklin 645-3612

Fairfield County Fair

Friday, October 12 11:30 am Cost \$8

The Fairfield County Fair is known as The Last and Best of the Season. Please register at the front desk.

Circleville Pumpkin Show

Wednesday, October 17 9 am Cost \$10

Pumpkin Doughnuts...need we say more? Please register at the front desk.

Marion Franklin (Continued) 645-3612

Apple Butter Stirrin' Festival

Friday, October 19 8 am Cost \$40

The Apple Butter Stirrin' Festival at Historic Roscoe Village in Coshocton celebrates the sights, sounds and scents of autumn and is host to nearly 100 craft and food vendors. Enjoy a variety of free musical entertainment and tour the Living History buildings staffed with costumed interpreters and crafters. *The price includes a luxury charter motor coach, festival admission, gift bag and driver's tip. Please register at the front desk, spaces will go FAST!

Breakfast and Movie

Tuesday, October 23 8:30 am Cost \$5

Movie will be determined a week prior, based on showings and times. Please submit movie suggestions the Friday before trip. Please register at the front desk.

Cuyahoga Valley Scenic Railroad *DATE CHANGE

Saturday, October 27 9 am Cost \$122

Climb aboard and hear the whistle blow! The Cuyahoga Valley Scenic Railroad offers an excellent view of the natural scenery and wildlife of the national park and an opportunity to learn about the history of the railroad in the valley.

Price includes: Motor Coach from Marion Franklin Community Center to Cuyahoga Valley Railroad, tickets for the train, hot lunch on our private car, all taxes and gratuity. A \$30 non-refundable deposit is needed to hold you place then two \$46 payments. For more information, please call the center.

Martin Janis 645-5954

Bob Evans Farm Festival

Friday, October 12 9:30 am

Cost: \$10 for transport, \$5 admission, lunch on your own

Bob Evans Farm Festival in Rio Grande, Ohio at the original Bob Evans Farm: This celebration of the harvest season attracts thousands with its entertainment, traditional crafts, farm contests, food, children's activities, and demonstrations. A weekend of fun for friends and family, the Bob Evans Farm Festival offers a taste of yesteryear.

Martin Janis trips continued on page 4.

Trips

Martin Janis (continued)

645-5954

Circleville Pumpkin Show

Thursday, October 18 11 am

Cost: \$10 for transport, Lunch on your own

Circleville Pumpkin Show in Circleville, Ohio: Great pumpkins Charlie Brown, this is said to be Ohio's oldest and largest pumpkin celebration. The events also include the world's largest pumpkin pie, a pumpkin toss, pie eating competition and Fun Show. Additional contests of interest include hog calling, egg toss and pumpkin carving. Many displays, arts, crafts and live entertainment also accompany the festivities as well as plenty of pumpkins, squash and gourds.

Apple Butter Stirrin Festival

Friday, October 19 10:30 am

Cost: \$10 for transport, \$5 admission and lunch on your own

Apple Butter Stirrin Festival at Historic Roscoe Village in Coshocton is host to over 100 talented artisans and crafters. Smell the fresh apple butter simmering over an open fire, and stroll through the street to a variety of music including bluegrass, country, gospel and tunes from days gone-by.

Hocking Valley Scenic Railway

When: Thursday, October 25 10 am

Cost: \$10 for transport, \$15 for train ride (purchased the day of ride), Lunch on your own

Fall foliage train rides at Hocking Valley Scenic Railway: The 22-mile round trip to Logan, Ohio and back are leisurely rides along the Hocking River and Appalachian foothills providing great family-friendly entertainment. Choose to ride in either the 1920's commuter coaches or open air cars. The interesting history of the area and the railway are highlighted by the conductor's narrative as the train passes by a canal lock, historic old company towns and other landmarks while following the Hocking River through rolling hills filled with natural fall splendor.

Whetstone

645-3217

Note: Any participant signing up for Whetstone trips must present payment at the time of registration.

Dawes Arboretum

Wednesday, October 10 9 am

Red Hat /Cruising Cougars. Contact Mike to RSVP.

Hikes with Mike

Wednesday, October 17 9:30 am

We will be heading to Hayden Run Falls and Scioto Village. Contact Mike to RSVP.

Taste of Italia

Wednesday, October 24 9:30 am

We will be going to Raven's Glenn. Please RSVP to Mike if you want to attend.



Walk with a Doc

Take steps to a healthier you with Walk with a Doc. Take an hour-long walk led by a Mount Carmel Health Physician. Walkers can come and walk for as little or as long as they like and enjoy good company, a healthy snack and fun prizes.

Walks are held inside during bad weather.



2018 Walking Dates

8:30 - 9:30 am

Marion Franklin & Woodward Park

Oct 6, 20
Nov 3

Far East & Dodge

Oct 13, 27
Nov 10

Barnett 50+ Planning Committee

Thursday, October 4 1:30 pm

All are welcome as we discuss upcoming events and trips. Bring your ideas!

Free Produce Giveaway

October 12, 2018

Doors open at 2 pm to sign up, and the giveaway will start at 3 pm.

Bring your ID and bags.

****Volunteers are always needed. Contact the center if interested.****



Senior Social

Wednesday, October 17 11 am-2 pm

Mark your calendars for our first fall potluck! Join us for BINGO, line dancing, cards, and of course lunch! Please bring a dish to share.

Guided Meditation

Thursday, October 18 1:30 pm

Need an hour of relaxation and clarity? Register at the front desk for our meditation event.

Cards, Games and Conversation

Monday-Friday 10 am-2 pm

The game room is open daily. We offer table tennis, billiards, board games, and puzzles. Stop in to enjoy a cup of coffee, play your favorite games, and socialize.

Barnett Book Worms

2nd & 4th Thursdays of the month at 1:30 pm

Intermediate Showcase Line Dancing

Mondays & Wednesdays 12:15-1:30 pm

Interested in expanding your line dance repertoire, and performing at local events? Join our Showcase group!

Pickleball

Mondays 3 pm

Thursdays 12:30 pm

Join us for open Pickleball twice a week. All levels welcome –come learn the rules or share your talents.

Fall I Class Schedule

Stay Young, Stay Fit	Mon, Wed & Fri	9 am
Walking Club	Mon, Wed & Fri	10 am
Beginner Line Dance	Mon & Wed	10:30 am
Rise & Ride	Tuesdays	9 am
Core & More	Tuesdays	10 am
Basket Weaving	Tuesdays	1:30 pm
Stretch & Relax	Wednesdays	11 am
Knit & Crochet Club	Wednesdays	1:30 pm
Ceramics	Thursdays	9 am
Senior Weightlifting	Thursdays	11 am
Yoga/Tai Chi	Fridays	9:30 am
Chair Fitness	Fridays	11 am
Chair Volleyball	Fridays	Noon
Gardening	Fridays	12:30 pm
Painting	Fridays	1:30 pm

****If there are any 50+ classes or special events you would like to see offered at Barnett, please let us know. We are always looking for new ideas!****

Senior Living Festival

Friday, October 26

10 am – 2 pm

Hollywood Casino

200 Georgesville Rd

Columbus OH 43228

The 8th annual Senior Living Festival is a free celebration for older adults. The event includes information exhibits, door prizes, live entertainment, recreational activities and free parking.

Medicare Information

Tuesday, October 2 10 am-Noon

Representatives from different health insurance companies will be here with information about Medicare and health insurance/Medicare changes in 2019. Open enrollment will begin in October. Companies participating are **Medical Mutual, Aetna, Anthem, Humana, MediGold, Care Source, United Healthcare and Allwell.** Register at front desk if you are interested in attending.

Interested in eating Healthy?

Thursday, October 18

Lisa Gibson will be here to discuss *“Seafood and Rainbow Snacks.”*

Walk with a Doc

Saturdays, October 13 & 27 8:30 am

Dodge Morning Walking Club with Holly

Mondays, Wednesdays & Fridays 8:15-9 am

We will walk various paths, and if it's raining we will walk around the gym! Bring a friend, get your walking shoes on, and log some steps with new walking challenges each week! On some Fridays, we may not meet due to Dodge's trip schedule. **On Friday, October 5, we will be attending the Walking Jamboree at Smith Farms. A van will start to shuttle people from Dodge at 8 am for the 8:30 check in. The event begins at 9 am.**

Chair Volleyball

Mondays and Thursdays 1 pm

Come on out and join us for some chair volleyball two times a week. It's great exercise and everyone loves a little competition!

Dodge Chorus

Tuesdays 1 pm

We are always looking for new members so if you would like to sing with our Chorus. Please join us.

Dodge Diet Club

Wednesdays 3 pm

Need some support maintaining, or motivation to start a healthy diet or healthy eating in 2018?

Halloween Bingo and Costume Party

Friday, October 19 11 am-1 pm Cost \$5

Please register at the front desk by October 12.

Payment due at registration. We will not take registrations after October 12. There will be costume contest so be sure to wear a costume! Cost of \$5 includes 2 bingo cards and 2 food (chili and hotdogs) tickets. Complimentary drinks will be provided. **Chips can be purchased for \$.50. Additional Bingo cards can be purchased for \$1.00 each.**

Classes for Fall I (begins September 5)

Walking Club	Mon, Wed & Fri	8:15 am
Beading	Mondays	9:00 am
Senior Fitness	Mondays	9:00 am
Shuffle Board	Mondays	10:00 am
Painting	Mondays	10:30 am
Chair Volleyball	Mon & Thurs	1:00 pm
You Sew Fine	Mondays	1:30 pm
Zendoodle journals	Mondays	3:30 pm
Indoor Cycling	Mon. & Weds.	10-10:30
Quilting	Tuesdays	9:00 am
Drawing	Tuesdays	11:00 am
Chorus	Tuesdays	1:00 pm
Euchre	Tuesdays	12:00 pm
Painting and crafts	Tuesdays	1:00 pm
Ceramics	Tues & Fri	1:00 pm
50+ Sewing	Tuesdays	1:30 pm
Warm up Cardio	Wednesdays	8:30 am
Service Circle	Wednesdays	9:00 am
Clogging	Wednesdays	10:00 am
Seasonal arts & crafts	Wednesdays	10:30 am
Chair fitness	Wednesdays	11:00am
Crochet	Wednesdays	1:00 pm
Dodge Diet Club	Wednesdays	3:00 pm
Bingo	Thursdays	11:00 am
Painting w/oils	Thursdays	1:30 pm
50+ Alterations	Fridays	1:00 pm

Interested In Volunteering? We are always looking for volunteers to be front desk hosts/hostesses or to assist in planning and coordinating trips or special events, even volunteering to teach a class or workshop, you have a talent or skill to share. Please inquire at the front desk for volunteer opportunities at Dodge.

Medicare Information Fair 2019**Wednesday, October 3 10 am-Noon**

Join us for this special fair where you can find out everything you need to know about Medicare options for 2019. There will be several representatives from various companies offering information.

Medicare 101**Thursday, October 4 10:45 am**

Are you confused about your Medicare coverage? Eric Steverson, President of The Compass Group will be presenting a program on Medicare.

Annual Walking Jamboree at Smith Farms**Friday, October 5 Sign in 8:30 am; Start 9 am**

Join us as we, "Walk for the health of it", through beautiful Three Creeks Metro Park. We will use three trails ranging from 1 to 4 miles. There will be line dancing, hayrides and other fun activities.

Sign up for the mini bus, we leave at 8 am.

OSU Extension Service with Lisa Gibson**Friday, October 5 9:30 am**

Topic: Seafood and Rainbow Snacks

Veteran's Group**Friday, October 5 1 pm**

Calling all members of the Armed forces for a meeting of the brotherhood.

BINGO Mondays, October 8 & 22 1 pm**Eat Better, Feel Better****Tuesday, October 9 11 am**

LifeCare Alliance Dietitian Leonor Button, RD presents: *Fats and Brain Health.*

Alzheimer's Association Tuesday, October 9

~Support Group 12:30 pm Everyone is invited.

~Private Consultations 1:30-4 pm for yourself or a caregiver; by appointment (457-6003).

History Roundtable**Wednesday, October 10 1 pm****Senior Recreation Council****Wednesday, October 10 1 pm****Columbus Speech & Hearing****Thursday, October 18 10 am-3:30 pm**

To schedule an appointment, call 261-5452.

Senior Living Truth Series:**The Truth on Senior Living Communities****Thursday, October 18 10-11:30 am**

Every 3rd Thursday of the month New Directions Realty will present "The Senior Living Truth Empowerment Series", (SLTES) The SLTES provides comprehensive information on a variety of topics of interest to seniors and their families.

Registration deadline: Wednesday, September 19

Please call 614-561-1621 to register.

Medicare 101 with Care Source**Thursday, October 18 1 pm****Jewelry Class (necklace \$18; earrings \$3)****Thursday, October 18 1:15 pm**

Learn the basics of using I-Pins, to make a creative fall necklace (and/or earrings) of Blue & White.

Halloween Lunch & Party**Tuesday, October 30 11:30 am**

Come in your favorite costume and join us in the monster mash, you know it was a grave yard smash.

No tickets needed, regular canteen prices apply

Then at **Noon**, the party begins with games and prizes. The best costumes will win a prize.

Empty Bowls Cost \$10**Thurs., Fri. & Sat., Nov. 1, 2 & 3 11 am-1 pm**

Help fight hunger in our community by purchasing a ceramic class handmade bowl, soup and bread. 100% of donations go to the Mid-Ohio Food Bank.

Holiday Bazaar & Bake Sale**Friday & Saturday, November 2nd & 3rd****9 am-2:30 pm**

Start your holiday shopping now with our unique vendors who have assorted crafts, original art work and special gifts on sale for you. Our famous baked goods will bring a smile to any face and don't forget our wonderful raffle. Come out with your family and friends.

(Vendors: Check to see if tables are still available; \$20 per table)

"Show Me the Money" Scholarship Fair**Saturday, November 17 10 am-2 pm**

Do you want your grandchildren to go to college for free? For more info call the Gillie Center or visit

www.FreeRidetoCollege.com

Lazelle Woods Multigenerational Center
645-5330

Anna Marie Brown, Center Manager

Hours: Mon-Fri 8 am- 5 pm

8140 Sancus Blvd., 43081

Monday

Pickle Ball 8:30-10:30am \$10 Sports Pass
Fitness Fuzion 9:30-10:30am \$30
Open Clay Class with Phyllis
7:00-8:45pm \$10

Tuesday

Adult Pottery 7:00-8:45pm \$10

Wednesday

Fitness Fuzion 9:30-10:30am \$35
Pickle Ball 1:00-3:00pm \$10 Sports Pass
Yoga 6:30-7:30pm \$25
Taiji 7:15-8:15pm \$25

Thursday

Piano Level 1 5:30-6:00pm \$25
Adult Needle Crafts 7:00-7:45pm Free

Friday

Pottery with Phyllis Noon-2:00pm \$20 + Mtls.

Saturday

Beginners Hatha Yoga
10:00-11:00am \$60
Taiji 11:00am-Noon \$25
Dance Fit & Toning 12:15-1:15pm \$25

Life Line Screening will offer non-invasive and painless health screenings at Lazelle Woods Recreation Center on 11/21/2018 **In order to register for this event and to receive a \$10 discount off any package priced above \$129, please call 1-888-653-6441 or visit**

www.lifelinescreening.com/communitycircle or text the word circle to 797979.

COAAA Central Ohio Area Agency on Aging
3776 S. High St., 43207 614-645-725

October is LGBT History month. Did you know that LGBT elders face significantly more health problems than non LGBT elders? LGBT elders came of age at a time in this country when it was illegal to marry, associate with their chosen partner, or even wear clothing that didn't match the gender role they were assigned at their birth. Imagine going to a bar with your friends, knowing at any moment you could be taken to jail because of your clothing or your friends, your picture plastered in the local paper, your family and friends shunning you because of who you are, and who you love. Imagine growing up in a world where you'd be unable to find work, even complete your education, because of who you loved or who you were. LGBT elders learned to hide their true selves, for the purposes of maintaining a life in a homophobic culture, and the effects of this can be seen today. The stress and shame of being gay, lesbian, or transgender in a society that vilifies being so, have led to a generation of seniors who suffer from more mental health issues, more physical health issues, and face a disproportionate level of poverty, all of which can lead to poorer health outcomes and poorer quality of life. They also face increased levels of isolation compared to heterosexual and cisgender* elders. All of these issues are also compounded if someone is non-white and/or is disabled.

Although we have changed as a culture to become more accepting of LGBT elders, we still have a long way to go to ensure that the needs of this population are understood by health care providers, family, and friends. Several local resources are available as health and social supports. Equitas Health offers inclusive and comprehensive health care for individuals who are LGBT of any age, and have trainers on many topics who can speak about the unique needs of their clients (<http://equitashealth.com/>). SAGE (<https://www.sageusa.org/>) is an advocacy group dedicated to improving the lives of LGBT elders. The National Resource Center on LGBT Aging (<https://www.lgbtagingcenter.org/>) has many resources (both state and federal) for LGBT elders. If you or someone you know is an LGBT elder, please know there are resources to support you, however you'd like to be supported.

*cisgender refers to people who are not transgender

Fall II Registration: October 22-26
Fall II Session: October 29-December 14
Center Closed: November 12 - Veterans Day

Marion Franklin Dining Center

Lunch: Tuesday-Thursday 11 am-1 pm

LifeCare Alliance...Nourishing the Human Spirit

A **Special Thank-you** goes out to everyone that attended and/or supported our Sickle Cell Awareness Fundraiser in September. ~ **The Men In Black/SRC**

National Breast Cancer Awareness Month Fundraiser - Fashion Expression

Monday, October 8 11:30 am-2 pm Cost \$10

Come out and enjoy an afternoon of food and fashion for a good cause. Charlesie Love, Owner Operator of Charlesie Apparel and Accessories will present her "DARE 2 B DIFFERENT" fashions. Tickets are available at the center's front desk.

Free Produce: October 25 3 pm

50+ Walking Jamboree at Smith Farms

Friday, October 5 8:30 am Free Event
Transportation for \$5 will be available to Smith farms. Please register at the front desk.

Book Club Discussion & Lunch

Wednesday, October 10 1:30 pm

Book: Changing Faces

Author: Kimberla Lawson Roby

The location for the October book club will be held at Brio's Tuscan Grille, 3993 Easton Station 43219.

Dates and Times are subject to change; please register if you plan to attend.

Classic 8 Ball Tournament

Thursday, October 11 4 pm Free
Double elimination, call shot, no ball in hand. Winner gets name and photo on wall. Register at the front desk.

Checkmate Social/Open House

Friday, October 19 Ice Cream \$2
Curious about the Chess Program or just want to meet new people? Join us for ice cream and chess. The social is free... the ice cream is all you can eat for \$2. Please register at the front desk.

Make and Take

Wednesday, October 24 11 am-Noon Cost \$7
String Art...We will provide all the materials needed to take home your unique creation. Light refreshments provided. Register at the front desk by October 22.

Medicare Carrier Fair & Presentation

Friday, October 12 10 am Free

Get the latest: Medicare options and changes. This year, we will host Medical Mutual, Aetna, CareSource, United Healthcare, Anthem Blue Cross/Blue Shield, MediGold, Allwell and Humana... just to name a few. Please register at the front desk.

Henrietta Lacks' Day

Friday, October 12 9 am-Noon Free

Join us as we recognize Friday October 12th as Henrietta Lacks' Day. This day will be filled with celebration, screenings, pampering and educational information. **Henrietta Lacks** (born Loretta Pleasant; August 1, 1920 – October 4, 1951) was an African American woman whose cancer cells were the source of the HeLa cell line, one of the most important cell lines in medical research ever discovered. This event is sponsored by the Black Studies Group. Please register at the front. **Lunch will be provided: 11:30 am-1 pm. Meal tickets are available for \$6 (SRC).**

Senior Recreation Council Meeting

Monday, October 22 2 pm All are welcome.

Marion Franklin "Fall" Flea Market

Thursday, October 25 11 am-4 pm

Members Tables (1) \$10 (2) \$15

Non Member Tables (1) \$15 (2) \$25

Please register at the front desk for a table. We are accepting all donations for the Marion Franklin Table.

Senior Living Festival 2018 at Hollywood Casino

Friday, October 26 10 am-2 pm

The dance groups, The Ladies in Red and The Men in Black, from Marion Franklin 50+ will perform. Transportation (\$5) will be available to the Casino. Please register at the front desk.

Health & Wellness Information

Barbara Parker, registered nurse is available in the Lifecare Alliance Wellness Center Monday, Tuesday, Thursday and Friday 8am-4pm. For an appointment please call 614-437-2927

Arthritis Foundation Exercise Program

Meets every Tuesday & Thursday 10 am.

Free Hearing Services

Call Rachel at 261-5452 for more information or to schedule an appointment.

Save the Date: Veteran's Day Brunch

Friday, November 9 10 am-1 pm

Quarter Horse Congress**October 1 – 26**

All staff and participants use Gate 9 to enter and exit Martin Janis.

**Martin Janis Annual Halloween Bash!****Wednesday, October 31 Noon-2 pm**

Join in the fun! Come dressed in your favorite costume for our “Best Costume” contest. Bring in a pumpkin dessert and enter it in the “Best Pumpkin Treat” competition. Contests, bingo, prizes, goodies and fun for all. And don’t forget to visit the Stained Glass studio for a “Stained Glass Trick or Treat.”

Breakfast for Lunch**Wednesday, October 3 11:30 am**

Everyone loves the wonderful breakfast specials our talented kitchen staff serves up once a month!

Daylight Dancers!**Starting Wednesday, October 10 1:15-2:30 pm**

Try Western Square Dancing! No prior dance experience needed, both couples and singles are welcome. Casual attire. Dance free on October 10 and 17. For more information, call 614-837-6974.

Insurance Panel**Wednesday, October 10 10 am-Noon**

Representatives from all branches of insurance agencies will be at Martin Janis to discuss various aspects of Medicare and Medicaid coverage at no charge to you. Please attend and take full advantage of this opportunity to get answers to your insurance questions!

Scrapbooking!**Thursdays 12:30-2:30 pm****Cost \$25 (five week session)**

Come on in and learn how to put life’s treasured memories into one or more scrapbooks! For further information, call center at 614-645-5954.

Bingo**Wednesdays, October 3, 17 & 31****Gregg’s Health Corner**

The Life Balance Pyramid: According to the Park Nicollet Institute, the tools for leading a balanced and harmonious life can be accomplished by dealing with stress in a layered way based on your immediate stress level at the time. Immediate coping can be deep breathing or positive self-talk. On a daily level you can listen to music, enjoy a warm bath or be physically active. On a long term basis, you can be viewing life’s challenges as opportunities, begin a hobby or make time for meditation. A sense of well-being can be achieved if you have tools to cope with your stress.

Martin Janis Senior Council Meeting**Wednesday, October 17 10 am****“All Well,” Senior Presentation****Wednesday, October 24 11:30 am**

Presenter, David Wickes

Chair Volleyball**First and last Monday of each month 12:30 pm**

Come in and join us for all the fun! Contact Ellen Davis at 614-424-0066 or Mary Williams at (614) 263-7177.

Lunch is served!**Monday-Friday 11:30 am-12:45 pm****Coming in November!**

Empty Bowls Project (call center for details). This year, thanks to Martin Janis participant Amy Koontz, an “Empty Bowls Lap Quilt” will be available and proceeds will go towards the Empty Bowls project.

8th Annual Holiday Craft Bazaar**Thursday and Friday, November 8 & 9****9 am-3:30 pm**

Reserve tables in advance; \$15/day.

Thanksgiving at Martin Janis**Wednesday, November 14****DON’T FORGET!****Martin Janis Annual Casino Party!****Thursday, September 27****11:30 am-4:30 pm****Fee \$10 per person**

Our Casino Party is one of the biggest events of the year so come on in this year and try your luck; enjoy our lunch buffet, prize auction and games (“Martin Janis Money” provided!)



Participants must present payment upon registration for all activities with fees.



Cards and Board Games

Mondays 12:30-3:30 pm; Free; Community Room

Bid Euchre (6, 7 or 8 handed can be played)

Everyone is welcome!

Tuesdays; 12:30-3 pm; Free; Community Room

Progressive Bridge

Thursdays; 12:30-3:30 pm; Free; Community Room

Progressive Regular Euchre: \$2 per person

Thursdays & Fridays; Noon-3 pm; Dance Room

(Have fun and win grocery prizes!)

Captain's Table

Mondays 11:30 am-1 pm \$5



Come join us on Mondays for the best lunch deal around. Come inside out of the cold for a delicious bowl of hot soup. Bring your appetite and \$5; and we'll see you every Monday.

Contact the center with any questions.

Open Pickle Ball

Mondays, Tuesdays & Fridays

9:30-11:30 am Beginner/ Intermediate

12:30-2:30 pm Advanced

Mondays, Wednesdays & Fridays

6:15-8 pm All Levels

Cost \$10 (Open Sports Pass Needed)

What is Pickle Ball? It's a popular game that looks like a cross between regular tennis and table tennis; and a fun way to get exercise. ***Contact Mike with any questions.***

International Folk Dancing

Mondays 7-8:45 pm

Free Dance Room

Come and join The Whetstone Folk Dancers for International Folk Dancing! Learn about dances from different countries and you don't even need to bring a partner. It's "No fault folk dancing."

Contact the center with any questions.



Whetstone 50+ Writers: Memory to Memoirs

This group meets every 1st and 3rd Thursday of the month. ***Contact the center with questions about meeting times.***

Classes

Classes are offered at the Whetstone Community Center for adults of all ages. We offer a wide variety of opportunities for 50+ participants including:

Wii Bowling

Tuesdays 10:30 am-Noon Free

Everyone comes at this time.

The Body Shop Workout

Tues./Thurs. 3:45 pm, 4:45 pm & 5:45 pm \$10 for 1 class pass, \$70 for 10 class pass, \$97.50 for 15 class pass, \$120 for 20 class pass, \$150 for 30 class pass

Woodcarving

Meets every 1st & 3rd Tuesday 6 pm Free

Bring your own supplies.

Wood Chippers

Wednesdays 9 am-Noon Free

Bring your own supplies

Open Walking- Gym

M, T, Th, & F 8-9am Free

Fearless Falling (Adult Safety Skills)

Fridays 10:30-11:30 am

\$30 for nine-week session

Gentle Yoga

Wednesdays 10-11am

See Center Class Schedule for complete class listing. **Schedules are available in hardcopy at the front counter** & can also be downloaded from either of our websites at www.columbusrecparks.com or www.whetstonepark.org. Most of our activities are available for registration online. Register online at: <https://apm.activecommunities.com/columbusrecparks>

COLUMBUS RECREATION AND PARKS DEPT
1111 EAST BROAD STREET, SUITE 103
COLUMBUS, OH 43205

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Fall 1 Session Ends: October 19
Fall II Registration: October 22-26
Fall II Session: October 29-December 14

Martin Janis Annual Casino Party!
Thursday, September 27
11:30 am-4:30 pm

All Centers Are Welcome!



**50+ Walking
Jamboree
Friday, October 5**

More information on page 1.

See page 10 for more information.